

EMPLOYEE TRAINING RECORD		
TRAINING TITLE      Little Winter Relief Available to Allergy Sufferers		
<p style="text-align: center;"><b>KEY TEACHING POINTS</b></p> <ul style="list-style-type: none"> <li>• The winter season brings little relief to many who suffer with allergies. It can be as brutal as the summer or spring seasons. Although the pollen season comes to an end, people sensitive to mold spores may have to wait until the first frost to find relief, according to Dr. David Valacer of the New York Presbyterian Hospital.</li> <li>• Winter allergies are usually caused by mold spores, which are more problematic than pollen because they are not limited to the spring or summer season. According to the National Institute of Allergy and Infectious Diseases, "molds growing indoors can cause perennial allergic rhinitis (runny nose) even in the coldest climates." Molds need little more than oxygen and moisture to proliferate, growing on fallen leaves, grasses, and grains such as wheat and corn. Indoors, they can be found in areas as varied as damp basements, air conditioners and garbage pails.</li> <li>• The New York Presbyterian Hospital recommends the following tips for winter allergies:               <ul style="list-style-type: none"> <li>• Stay away from outdoor areas - dark, wooded - that encourage the growth of mold.</li> <li>• Use kitchen and bathroom exhaust fans to help keep indoor humidity levels below 35 percent.</li> <li>• Dust mites can rapidly multiply in rugs and carpet, so try to keep both out of the allergic person's room.</li> <li>• If a humidifier is used, keep it clean with fresh water to eliminate bacteria and molds. Spray central humidifiers with an anti-mold solution.</li> <li>• Bed linen and night clothes should be washed in hot water to kill dust mites.</li> <li>• Use dust-proof mattress, pillows and box-spring covers to decrease allergen exposure.</li> </ul> </li> <li>• For more information on allergy symptoms and relief contact the American Academy of Allergy, Asthma and Immunology at (800) 822-2762 or <a href="http://www.aaaai.org">http://www.aaaai.org</a> or the Asthma and Allergy Foundation of America at (800) 727-8462 <a href="http://www.aafa.org">http://www.aafa.org</a></li> </ul>		
<b>TEST</b>		
<b>QUESTION</b>	<b>ANSWERS</b>	
	<b>TRUE</b>	<b>FALSE</b>
1 Bed linen and night clothes should be washed in hot water to kill dust mites.		
2 Dust mites can rapidly multiply in rugs and carpet.		
3 Winter allergies are usually caused by mold spores.		
4 Use kitchen and bathroom exhaust fans to help keep indoor humidity levels below 35 percent.		
5 People don't have allergies in the winter.		
EMPLOYEE'S NAME	EMPLOYEE'S SIGNATURE	DATE
INSTRUCTOR'S NAME	INSTRUCTOR'S SIGNATURE	DATE

1. True 2. True 3. True 4. True 5. False